

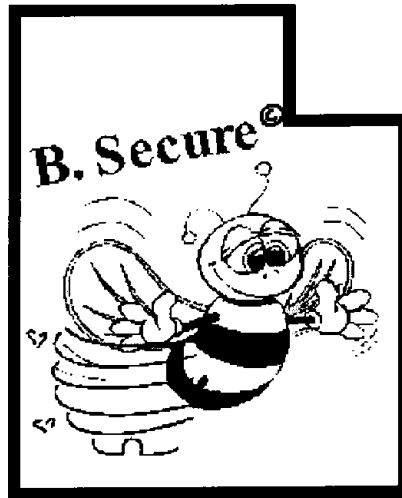
Being Safe On The Road

Have you ever thought about your security when traveling away from home? Many state employees have responsibilities that take them from one community to another. Some even have to go and visit people at home. While we enjoy doing this, we can be putting ourselves in a setting that could lead to violence.

The number one reason for death
The number two reason is murder.
increase the chance for violence to

No need to panic, several things
beautiful state safer and more
we are just traveling to work.

The first thing we have to do is
something that doesn't look right
can. We all have an inner feeling
right. If we listen to this and trust
ourselves. The second thing we
scared of our shadows. Why we
also need to enjoy ourselves. Our
make it more secure for us can do some things.



in the workplace is highway fatalities.
When we travel on business, we
find us.

can be done to make your trips in our
secure. Some things we can do when

keep our eyes open. If we see
than we should try to avoid it if we
that will tell us when things are not
in ourselves, we can usually protect
have to do is not ruin our trip by being
need to watch out for ourselves, we
state is very lovely and safe, but to

- * Never flash your valuables around, or leave them lying on the front seat of your car
- * Check maps before you travel and know your route. If you wander aimlessly you look like a victim
- * Travel in well lighted areas and never take an unknown shortcut
- * Always travel with your doors locked. (Car and Hotel)
- * Never fill your arms with so much baggage that you cannot defend yourself
- * Always make sure you can see the person at the door before you open it
- * TRUST YOUR INSTINCTS

If you are out doing home visits on your clients please remember that going to some persons house can be very dangerous. When we interview someone in our office, it is our space. When we go to visit them, we are guests in their space. No one likes to have their space invaded. We need to be mindful of how we treat others and just how important our actions can be. I would do several things to make myself more secure. Most of these we teach our children.

- * Always check in with someone before the visit and immediately after the visit
- * If they have made threats in the past take another person with you (even if the person now seems friendly)
- * Never take large sums of money or wear expensive jewelry to another persons house
- * If you can avoid it never be alone with another member of the opposite sex
- * Always treat others the way we want to be treated
- * Be the example of what you would like to see

Most of us already know the things we need to do to protect ourselves. A lot of us just need to be reminded of them. No one can protect you a 100 percent of the time. The only person you can trust to protect you is you.

Until next month remember be safe, be smart and BE SECURE.